



Summit Schedule

Birmingham, Alabama ● July 14, 2016
Birmingham Crossplex
2331 Bessemer Rd, Birmingham, AL 35208

7:30 am – 8:30 am: **Registration and Continental Breakfast**

8:30 am – 8:45 am: **Welcome**

- Main Hall -

Lanada Williams, MA, NCC, LPC
Founder, Alliance Family Solutions, PLLC
Founder, Host and Creator of “The Lanada Williams Show”

Nadia M. Richardson, PhD
Founder, No More Martyrs

William Barnes
Representative, Office of Mayor William Bell
City of Birmingham

8:45 am – 9:45 am: **Opening Keynote Speaker**

- Main Hall -

Title: Taking a Culturally-Informed Approach to Mental Health:
Challenges and Rewards

Dr. Jessica Dere, Assistant Professor
Department of Psychology
University of Toronto Scarborough (UTSC)

9:45 am – 10:00 am: **Networking Break**

10:00 am – 11:00 am: **Concurrent Session I**

- *Lower Level A* –

Title: Shatter the Silence

Danielle George
Rural Case Manager
Family Sunshine Center (Montgomery, AL)

Sexual Assault expands across age, race, and cultural backgrounds. It is happening more prevalently and it is one of the most underreported crimes. As a community, it is important to be aware of the issues surrounding sexual assault and to be an advocate for the victims and survivors of sexual assault.

- *Main Hall* –

Title: Integrated Perinatal Mental Health Support in Community Health Centers: Pilot Programs in Massachusetts

Divya Kumar, ScM, CPD, CLC
Postpartum Doula
Southern Jamaica Plain Health Center (Massachusetts)

Divya Kumar is certified as a postpartum doula and lactation counselor. Her work connects postpartum support with public health by addressing unmet needs in the structure and delivery of perinatal support services. Her experience includes creating postpartum depression prevention pilot programs and co-founding Every Mother Project, an organization that provides training and support for addressing perinatal emotional complications.

- *Lower Level B* -

Title: The 3EM Model: An attempt to change the stigma of counseling among African American Men

Jason Branch, MA, LPC, NCC
Licensed Counselor and Life Coach
Fresh Hope Counseling Center (Auburn, AL)
Director of Career Services
Auburn University

An interactive workshop that will focus on the disparities faced among African American men and their lack of participation in counseling services. An overview of a model created to combat the stigma of counseling and mental health to promote education and participation of counseling services specifically for African American men.

11:00 am – 11:15 am: **Networking Break**

11:15 am – 12:15 pm: **Concurrent Session II**

- Main Hall -

Title: PTSD and Race-Base Trauma among Youth in Juvenile Detention Centers: The Metal Bars Within

Viola May
Doctoral Student, Counselor Education and Supervision
Auburn University

This presentation aims to increase the awareness of the prevalence of PTSD symptomology among minority youth in detention centers, address the types and impact of traumatic experiences and discuss methods to improve the mental health of this population. This presentation includes various instructional formats including group discussion, activities and visual/audio clips.

- Lower Level A –

Title: Parenting from a Relational Perspective: Understanding the Need Behind the Behavior.

Maritza Valle, MA
LPC-Intern
Center for Relational Care (Texas)

Maritza Valle knows all the pop culture illustrations you never knew would be pertinent to your mental health journey. She has degrees from The University of Texas in Theatre, Religion, and Film and her Master's from Texas State University, where she became well-versed in Play Therapy and Child-Parent Relationship Therapy in addition to training with adolescents and adult individuals, families, and couples.

- Lower Level B –

Title: Faithful: Faith-Based First Responders

Danielle Graham, MSW, MDiv
Associate Minister, Metropolitan Baptist Church of
Washington, DC

This presentation will explore how Churches and Communities of Faith can maximize their unique position of being the first line of defense, first responders for those battling with mental illness. Participants will discover how to utilize the pillars of faith to faithfully aid help seekers, while minimizing harm and stigma.

12:15 pm – 1:30 pm: **Lunch Plenary Panel Discussion**

- *Main Hall* –

Title: When Women Speak: The Power of Multicultural Female Voices to Mental Health Advocacy and Allyship

Dior Vargas
Latina Feminist Mental Health Activist
Creator, People of Color and Mental Illness Photo

A'Driane Nieves
Artist and Mental Health Advocate
Founder and Writer, addyeB
Founder, Tessera Collective

Jessica Gimeno
Writer and Mental Health Advocate
Founder, Fashionably ill: The Sick Woman's Stylist

Imade Nibokun
Writer and Mental Health Advocate
Founder, Depressed While Black

1:30 pm – 2:30 pm: **Concurrent Session III**

- *Main Hall* –

Title: Open in Emergency: New Approaches for Addressing the Mental Health Crisis in the Asian American Community

Mimi Khúc, PhD, Lecturer
Asian American Studies Program
University of Maryland (College Park)

Mimi Khúc is a Vietnamese American scholar, teacher, and writer on race and religion, queer of color politics, mental health, and Asian American motherhood. She is a lecturer in Asian American Studies and Religious Studies at the University of Maryland College Park and the guest-editor of a special issue of The Asian American Literary Review on Asian American mental health.

- *Lower Level A* –

Title: Text. Talk. Act.: Creating Solutions through Community Conversations about Mental Health

Gregory C. Townsend, MPPM
Quality Improvement and Decision Support
Jefferson County Department of Health

The Jefferson County Department of Health (Alabama) is responding to community issues relating to social-economic status, environmental quality and community health by proactively encouraging public and private partnership between public health system partners. This interactive presentation highlight 'Text. Talk. Act.' a nationwide conversation on mental health. Through text messaging, this program engages small groups in conversations through discussion questions that lead them through a conversation about mental health.

- *Lower Level B* -

Title: **Sharing Hope: An African American Guide to Mental Health**

Lois Herndon, Sharing Hope
National Alliance for Mental Illness (NAMI – Alabama)

The African American community experiences mental health conditions at comparable rates to the general population, but receives significantly less treatment. One of the reasons is because of the stigma and lack of acceptance that permeates within the community. In order to improve this problem, NAMI developed Sharing Hope, an hour-long program to increase mental health awareness in African American communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlights how and where to find help.

2:30 pm – 2:45 pm: **Networking Break**

2:45 pm – 3:45 pm: **A Community Conversation**

- *Main Hall* -

Participants are invited to engage in a community conversation on the development of working groups. The focus will be incorporating information from the summit into action steps toward cultural responsive mental health care and advocacy.

3:45 pm – 4:45 pm: **Closing Keynote Speaker**

- *Main Hall* -

Title: **Creating Mental Health Equity One Step at a Time.**

Glenda Wrenn, M.D.
Assistant Professor, Psychiatry & Behavioral Science
Morehouse School of Medicine
Director, Division of Behavioral Health
Satcher Health Leadership Institute

4:45pm – 5:00 pm: **Closing Remarks and Adjourn**